



Around half of PTEC patients show improved control of their blood pressure after six months.

Join the PTEC Programme!

NHG Polyclinics
National University Polyclinics
SingHealth Polyclinics

6355 3000
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6643 6969

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All information is correct as of May 2026.

PTEC-HT_Ver 2.3_English

Primary Tech-Enhanced Care (PTEC)

Do you have high blood pressure?
Sign up for our PTEC Home Blood Pressure Monitoring Programme!



CONVENIENT

Test your blood pressure levels at home and share readings automatically with your care team via a phone app



BETTER CONTROL YOUR BP

Track and manage your own condition better. The app's chatbot will also guide you to recognise symptoms of high/low blood pressure



ENJOY GREATER SUPPORT

Your care team will monitor your blood pressure and advise you in between your visits

This programme comes with a subsidised BP machine and a phone app subscription.



Ask your doctor or nurse about PTEC. Scan the QR code for more information or visit

<https://for.sg/bpmonitoring>



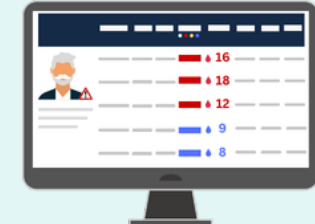
YOUR CARE JOURNEY

1

TELE-MONITORING



POLYCLINIC



Singapore Citizens and PRs enjoy a subsidised rate of **\$6.30** per year for subscription to the Health Discovery+ app on your phone, and **\$7.50** for a Bluetooth-enabled BP machine*.

Take your BP at least once a week with the BP machine.

Your reading will be sent to your care team through the Health Discovery+ app.

Abnormal readings will be flagged to the care team.

2

TELE-SUPPORT



If required, your care team will give you further guidance via tele-consultations.

The app will advise what you should do if your BP reading is not within the desired range.

You will receive a reminder if you miss taking your BP.

3

TELE-TREATMENT



Please follow the medication and lifestyle advice given by your care team during the clinic/phone consultation.

You will also receive encouragement and tips to improve your BP.

Now you can manage your BP more effectively!

Please note that your usual consultation, medication and lab tests will be charged separately from the PTEC Programme. Other terms and conditions apply. Please speak to your care team for more details.